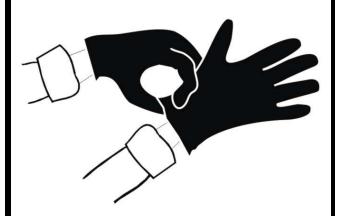
Protect Yourself Against Pesticides!

- **1.** Be careful when handling pesticides. They can make you sick, hurt your eyes, cause skin rashes, and even kill you.
- 2. Do not take pesticides home from work. They may not be safe or legal for home use.
- **3.** If you apply or handle pesticides, be sure to wear the protective equipment required on the pesticide label.
- **4.** Keep pesticides from getting into your body. Pesticide handlers and field workers, wash your hands before eating, drinking, smoking, or going to the bathroom.
- **5.** If you are pregnant, talk to your doctor about pesticides and the risks to you and your baby.
- **6.** If you are a mixer/loader, applicator, or laborer, wash your work clothes before wearing them again. Wash clothes separately from other family laundry.
- **7.** At the end of every workday, shower or bathe with soap and water, shampoo your hair, and put on clean clothes.
- **8.** Do not drink, swim, or bathe in irrigation water. Stay out of posted irrigated areas. There could be pesticides in irrigation water.
- **9.** Do not put your hands in your mouth or rub your eyes when you have been in contract with pesticides in irrigation water.
- **10.** Some pesticide may remain on fresh fruit and vegetables in the field. Wash fruit and vegetables before eating.
- **11.** Keep your children and pets out of the fields where pesticides have been applied.
- **12.** Use pesticides safely. Follow label directions.

Wear gloves and other protective equipment that is required on the pesticide label.



Contact Information

Department of Health 1-888-586-9427 Olympia 360-236-3360 Yakima 509-575-2056 or 509-576-3064

Poison Control Center 1-800-222-1222

TDD Relay Service 1-800-833-6388

Shower or bathe after you apply pesticides at work.





Office of Environmental Health and Safety P.O. Box 47825 Olympia, WA 98504-7825

http://www.doh.wa.gov/ehp/ts/PEST.HTM

For persons with disabilities, this document is available on request in other formats. Please call 1-800-525-0127 (TTY/TDD 1-800-833-6388)